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Your Fat Has a Brain. Seriously. And It's Trying to Kill You. Body fat is just an inert layer of blubber, right? If only. New research shows that it's more like a

Body fat types (brown, white, visceral) and

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Question about saturated fat | primal body primal

Q: I take classes in Anatomy and Physiology and the teacher keeps on saying that Saturated Fat that does not get broken down by the body stays in the body and

Excess body fat can hurt your brain, but exercise

Mar 04, 2014 Obesity may have harmful effects on the brain, and exercise may counteract many of those negative effects, new studies in mice suggest.

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Episode #40 no excuses to losing weight - fat

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Good fats - boost brain power with good fats

If you think fat only affects your physique, we've got news for you. Studies show that keeping your mind sharp and your moods in balance may be largely related to

Body fat 'talks' to the brain when we re stressed

Body fat talks to the brain when we re stressed. University of Florida rightOriginal Study. Posted by Doug Bennett-Florida on July 23, 2015

Why you need fats | ask dr sears

A quick summary of why you need fats -- from building brain cells to making your skin healthier, fats are at work throughout the body.

The patricia raskin show | voiceamerica

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Adipose tissue - wikipedia, the free encyclopedia

In biology, adipose tissue i / d p o s / or body fat or just fat is loose connective tissue composed mostly of adipocytes. In addition to adipocytes

Leptin - wikipedia, the free encyclopedia

Leptin can affect bone metabolism via direct signalling from the brain. Leptin decreases cancellous bone, While leptin is associated with body fat mass,

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Going for the gaunt: how low can an athlete's body

Olympic competitors such as Apolo Ohno are down near the 2 percent body-fat range. How do they get so lean, and is it wise to do so?

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One of the most common complaints one hears about from friends and family these days is not having enough energy. Energy drinks, bars and supplements, not to mention

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If you make it without the filling, more like your fudge or peanut butter chocolate fat bombs, Lemon Fat Bomb from Maria Mind Body Health []

Visceral fat and toxicity - body mind detox

Visceral Fat is very different from the Subcutaneous, Visceral fat is the internal fatty tissue that surrounds our vital organs,

Healthy living tips: 4 times body fat is a health

Fat gets a bad rap. Studies have shown that carry too much weight can increase your risk of heart disease or add inches to your waistline but not all body fat is

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Too much fat weighs down not just your body, but also your brain. Obesity harms most organs in the body, and new research suggests the brain is no exception.

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Fit Bodies Fat Minds: Why Evangelicals Don't Think and What to Do Habits of the Mind by James Sire and The Outrageous Idea of Christian Scholarship by

Is a big belly bad for the brain? examining body

Feb 25, 2015 Belly fat may be bad for your brain. A number of recent studies, widely publicized in the media, have suggested that excess adipose tissue (body fat

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